

Full Report (All Nutrients) 03044, Babyfood, dinner, macaroni and tomato and beef, strained

Report Date:October 27, 2015 12:24 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 16g	1 oz 28.35g	1 jar 113g	1 jar Gerber Second Food (4 oz) 113g	1 jar Beech-Nut Stage 2 (4 oz) 113g	1 jar Heinz Strained-2 (4 oz) 113g
Proximates										
Water	g	86.34	--	--	13.81	24.48	97.56	97.56	97.56	97.56
Energy	kcal	61	--	--	10	17	69	69	69	69
Energy	kJ	255	--	--	41	72	288	288	288	288
Protein	g	2.36	--	--	0.38	0.67	2.67	2.67	2.67	2.67
Total lipid (fat)	g	1.47	--	--	0.24	0.42	1.66	1.66	1.66	1.66
Ash	g	0.37	--	--	0.06	0.10	0.42	0.42	0.42	0.42
Carbohydrate, by difference	g	9.45	--	--	1.51	2.68	10.68	10.68	10.68	10.68
Fiber, total dietary	g	1.2	--	--	0.2	0.3	1.4	1.4	1.4	1.4
Sugars, total	g	2.09	--	--	0.33	0.59	2.36	2.36	2.36	2.36
Sucrose	g	0.47	--	--	0.08	0.13	0.53	0.53	0.53	0.53
Glucose (dextrose)	g	0.52	--	--	0.08	0.15	0.59	0.59	0.59	0.59
Fructose	g	0.57	--	--	0.09	0.16	0.64	0.64	0.64	0.64
Lactose	g	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Maltose	g	0.52	--	--	0.08	0.15	0.59	0.59	0.59	0.59
Galactose	g	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Starch	g	0.03	--	--	0.00	0.01	0.03	0.03	0.03	0.03
Minerals										
Calcium, Ca	mg	17	--	--	3	5	19	19	19	19
Iron, Fe	mg	0.46	--	--	0.07	0.13	0.52	0.52	0.52	0.52
Magnesium, Mg	mg	12	--	--	2	3	14	14	14	14
Phosphorus, P	mg	39	--	--	6	11	44	44	44	44
Potassium, K	mg	112	--	--	18	32	127	127	127	127
Sodium, Na	mg	38	--	--	6	11	43	43	43	43
Zinc, Zn	mg	0.54	--	--	0.09	0.15	0.61	0.61	0.61	0.61

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Copper, Cu	mg	0.050	--	--	0.008	0.014	0.056	0.056	0.056	0.056
Manganese, Mn	mg	0.130	--	--	0.021	0.037	0.147	0.147	0.147	0.147
Selenium, Se	µg	8.4	--	--	1.3	2.4	9.5	9.5	9.5	9.5
Vitamins										
Vitamin C, total ascorbic acid	mg	0.3	--	--	0.0	0.1	0.3	0.3	0.3	0.3
Thiamin	mg	0.038	--	--	0.006	0.011	0.043	0.043	0.043	0.043
Riboflavin	mg	0.043	--	--	0.007	0.012	0.049	0.049	0.049	0.049
Niacin	mg	0.715	--	--	0.114	0.203	0.808	0.808	0.808	0.808
Pantothenic acid	mg	0.140	--	--	0.022	0.040	0.158	0.158	0.158	0.158
Vitamin B-6	mg	0.056	--	--	0.009	0.016	0.063	0.063	0.063	0.063
Folate, total	µg	9	--	--	1	3	10	10	10	10
Folic acid	µg	4	--	--	1	1	5	5	5	5
Folate, food	µg	5	--	--	1	1	6	6	6	6
Folate, DFE	µg	12	--	--	2	3	14	14	14	14
Choline, total	mg	10.4	--	--	1.7	2.9	11.8	11.8	11.8	11.8
Vitamin B-12	µg	0.15	--	--	0.02	0.04	0.17	0.17	0.17	0.17
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE ^b	µg	44	--	--	7	12	50	50	50	50
Retinol	µg	0	--	--	0	0	0	0	0	0
Carotene, beta	µg	420	--	--	67	119	475	475	475	475
Carotene, alpha	µg	213	--	--	34	60	241	241	241	241
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0
Vitamin A, IU ^a	IU	878	--	--	140	249	992	992	992	992
Lycopene	µg	42	--	--	7	12	47	47	47	47
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	2.62	--	--	0.42	0.74	2.96	2.96	2.96	2.96
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Tocopherol, beta	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Tocopherol, gamma	mg	0.08	--	--	0.01	0.02	0.09	0.09	0.09	0.09
Tocopherol, delta	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	2	--	--	0	1	2	2	2	2

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Vitamin K (phylloquinone)	µg	29.3	--	--	4.7	8.3	33.1	33.1	33.1	33.1
Lipids										
Fatty acids, total saturated	g	0.486	--	--	0.078	0.138	0.549	0.549	0.549	0.549
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
10:0	g	0.001	--	--	0.000	0.000	0.001	0.001	0.001	0.001
12:0	g	0.001	--	--	0.000	0.000	0.001	0.001	0.001	0.001
14:0	g	0.031	--	--	0.005	0.009	0.035	0.035	0.035	0.035
16:0	g	0.292	--	--	0.047	0.083	0.330	0.330	0.330	0.330
18:0	g	0.140	--	--	0.022	0.040	0.158	0.158	0.158	0.158
Fatty acids, total monounsaturated	g	0.594	--	--	0.095	0.168	0.671	0.671	0.671	0.671
16:1 undifferentiated	g	0.041	--	--	0.007	0.012	0.046	0.046	0.046	0.046
18:1 undifferentiated	g	0.533	--	--	0.085	0.151	0.602	0.602	0.602	0.602
20:1	g	0.001	--	--	0.000	0.000	0.001	0.001	0.001	0.001
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.193	--	--	0.031	0.055	0.218	0.218	0.218	0.218
18:2 undifferentiated	g	0.170	--	--	0.027	0.048	0.192	0.192	0.192	0.192
18:3 undifferentiated	g	0.017	--	--	0.003	0.005	0.019	0.019	0.019	0.019
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.004	--	--	0.001	0.001	0.005	0.005	0.005	0.005
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	7	--	--	1	2	8	8	8	8
Other										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0

Footnotes^a Vitamin A values range widely due to differences in cultivar and proportion of carrots.^b Vitamin A values range widely due to differences in cultivar and proportion of carrots.